

The Word

Jim Downing

I. Introduction.

- A. The Psalmist's heart pants after God like the deer unable to receive water. (Psalm 42:1)
- B. God's provision for the heart is His Word.
- C. God's Word is very important. (Psalm 138:2)
- D. Christ comes in the volume of the book. Christ's Words are spirit and life. We fellowship and feed on Him through the Word. (Psalm 40:7; John 6:63)
 - 1. The manna in the desert during the Exodus was to be gathered daily. If one gathered too much then the manna would spoil.
 - 2. So too one is to daily feed upon the Word.
- E. The Devil will do everything he can to deprive you of the spiritual nourishment of the Word.

II. Four ways to defeat Satan in his frustration of one's spiritual nourishment and to appropriate Jesus Christ daily.

- A. Every Christian needs to feed on the Word to be a healthy Christian.
 - 1. You feed by **hearing** and **reading**. (Revelation 1:3, Nehemiah 8:8)
 - 2. You cannot put up with hearing the Word forever. A pastor fans the aroma of the Word, but that appetite created should lead the person to feed through personal reading.
- B. Every Christian needs to study the Word to be an intelligent Christian.
 - 1. One should have a plan for mastering the English Bible in his lifetime. (2 Timothy 2:15)
 - 2. Bible study requires original investigation, written reproduction, personal application, it must be simple enough to be passed on.
- C. Every Christian needs to **memorize** the Word to be a skillful Christian.
 - 1. The greatest single force of life transformation comes from Scripture memory. (Proverbs 7:3)
 - 2. It builds credibility if you are able to memorize even just a few verses.
- D. Every Christian needs to **meditate** in the Word to be a spiritually minded Christian.

1. The secret of prosperity was the result of meditating day and night on the Word of God. (Psalm 1:3)

2. Meditation is rumination - a cow chews something up and stores it up for later.

a. The cow ruminates in perfect timing without waste. She squeezes the nourishment out of it.

b. We transfer the life into us in a similar manner through meditation. The words of Christ are the words that we are to feed upon.

3. Meditation and the subconscious mind.

a. When we sleep, the conscious mind goes off active duty and the subconscious mind comes on active duty.

b. The job of the subconscious mind is to rebuild the body during the night, but generally what the conscious dumps on the subconscious is an unsolved problem that prevents the subconscious from accomplishing its primary purpose. There is a communication breakdown.

c. The only legitimate use of the subconscious mind is to meditate on the Word of God. As we sleep it will keep us. (Proverbs 6:22)

d. The key to feeding on Jesus and being nourished by Him is through meditating on the Word of God often.

E. Every Christian needs to **apply** the Word.

Application questions

1. Explain the four key steps to getting into the Word in your own words.

2. Why is it that daily nourishment from the Word is so important? What is your plan for getting into the Word daily?

3. What is meditation? Why is the use of the mind so important for the Christian life?
